



Oregano-Marinated Grilled Chicken with Charred Lemons

 Gluten Free  Dairy Free

READY IN



840 min.

SERVINGS



8

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 8 pound roasting chickens whole
- 5 tablespoons wine dry white
- 2 tablespoons thyme sprigs fresh packed
- 8 servings kosher salt
- 5 tablespoons juice of lemon freshly squeezed (from 2 medium lemons)
- 3 medium optional: lemon

- 2 tablespoons olive oil
- 0.3 cup oregano fresh packed (leaves and tender stems only)
- 0.5 medium onion yellow peeled halved
- 4 frangelico
- 4 frangelico

Equipment

- food processor
- paper towels
- blender
- grill
- kitchen thermometer
- skewers
- kitchen scissors
- cutting board
- poultry shears

Directions

- Place all of the ingredients in a blender or food processor and process on high until smooth, about 1 minute. Refrigerate in a container with a tightfitting lid for up to 1 day. For the chickens: Rinse the chickens inside and out with cool water and pat them dry with paper towels.
- Remove the necks and innards and discard or save them for another use. To butterfly each chicken, use a sharp pair of poultry shears or kitchen scissors to cut down both sides of the backbone.
- Remove and discard the backbone, or save it for another use. Press down on each chicken's breast to flatten it. If it won't flatten, flip the chicken over skin-side down and lightly score the cartilage on the back of the breastbone. Flip the chicken back over and press down again on the cartilage so the chicken is lying completely flat.
- Place both chickens in a large, shallow dish and season generously with salt and pepper.
- Heat a charcoal or gas grill to medium (about 350°F to 450°F).

- Remove the chickens from the refrigerator and let them sit at room temperature while the grill heats up, at least 30 minutes. Slice the lemons in half crosswise.
- Brush the cut side of each lemon half with 1 teaspoon of the olive oil and season with salt and pepper; set aside.
- Place the chickens on the grill skin-side up and close the lid. Every 10 minutes, rotate the chickens 90 degrees in a clockwise direction. After the chickens have been rotated 4 times, about 40 minutes later, flip them over. Rotate the chickens every 5 minutes until they have completed one rotation (360 degrees), another 20 minutes total. When an instant-read thermometer inserted into the inner thigh reads 160°F to 165°F (be sure the thermometer is not touching the bone) and the juices run clear when you pierce the chickens, remove them from the grill.
- Let the chickens rest on a cutting board for 10 to 15 minutes before serving. While the chickens rest, place the lemon halves on the grill cut-side down and grill until charred and softened, about 12 to 15 minutes.
- Remove the skewers from the chickens and cut each chicken into 8 serving pieces.
- Serve with the grilled lemon wedges. Beverage pairing: Boutari Moschofilero, Greece. Moschofilero is an indigenous Greek variety that is wonderfully balanced between herbal flavors and light fruits and is light- to medium-bodied. This version is especially light, cheerful, and easy-drinking, making it a great match for the simple, delicious chicken.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:30.133043455041%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 9.11mg, Eriodictyol: 9.11mg, Eriodictyol: 9.11mg, Eriodictyol: 9.11mg Hesperetin: 12.69mg, Hesperetin: 12.69mg, Hesperetin: 12.69mg, Hesperetin: 12.69mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 766.47kcal (38.32%), Fat: 54.94g (84.52%), Saturated Fat: 15.14g (94.63%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 4.94g (1.8%), Sugar: 1.69g (1.88%), Cholesterol: 284.77mg (94.92%), Sodium: 424.53mg (18.46%), Alcohol: 0.97g (100%), Alcohol %: 0.3% (100%), Protein: 57.39g (114.78%), Vitamin B3: 21.45mg (107.26%), Vitamin A: 2910.18IU (58.2%), Vitamin B6: 1.13mg (56.56%), Phosphorus: 561.5mg (56.15%), Selenium: 38.7µg (55.28%), Vitamin B12: 3.28µg (54.64%), Vitamin C: 36.39mg (44.1%), Vitamin B2: 0.6mg (35.02%), Vitamin B5: 3.5mg (34.98%), Iron: 5.72mg (31.75%), Zinc: 4.36mg (29.09%), Folate: 98.18µg (24.55%), Potassium: 762.2mg (21.78%), Magnesium: 75.37mg (18.84%), Vitamin B1: 0.22mg (14.74%), Manganese: 0.24mg (12.04%), Copper: 0.24mg (11.95%), Vitamin K: 11.66µg (11.11%), Fiber: 2.19g (8.75%), Calcium: 78.27mg (7.83%), Vitamin E: 0.86mg (5.7%)